



Chief of Police

From the Desk of

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1 72nd Session

TO WHOM IT MAY CONCERN:

Prior to August 13, 2012, I was at the pinnacle of my adult life. I had retired from my dream job after 30 years as police chief for the City of Decatur and succeeded in building a pension that would sustain my wife and me for the rest of our future. I had taken on a second career with the City of Decatur as the human rights officer, which I truly enjoyed, and it was far less stressful and afforded me more time for my wife and relaxation.

It would seem to those reading this that I was a content and happy individual but nothing was further from the truth. I was depressed and very disappointed in myself. I was past middle-aged—I was on the backside of my life and my health was, and had been, gradually deteriorating for the past several years.

I had been very rigorous with my daily workouts and aerobic exercise years before, but I had let myself go; I was grossly overweight, was complacent and melancholy, and knew that I needed to pull myself out of the rut I had fallen into. Yet, it seemed that I was completely unwilling and able to do so. I had severe lumbar spine issues and arthritis that had required extensive neurosurgery to repair. I was short on breath no matter what simple tasks I wanted to undertake—tying my shoes, walking around the yard, going up and down the stairs of my home, resulted in me being exhausted and sweaty. And, on top of all this, I acquired Type 2 diabetes. I was on the verge of having to take medication to lower my glucose levels.

My doctor informed me that my inactive life style was responsible for all of my ailments and if I continued as I was, it was only a matter of time until the diabetes and my family's history of heart disease would claim my very existence. I had to do something and he suggested I check out the Physician's Choice Wellness (PCW) program.

I got on line and checked out their website. Then I scheduled myself for an orientation session. I met with an extremely compassionate and supportive individual who sensed in me the desperation and will to succeed in the program. Her encouragement of my ability to succeed and my desire to live longer were the perfect combination. I signed up and began my journey back to fitness and health.

After only the first 11 weeks, I had lost 47 lbs! At the end of my tenure in the loss program, at a total of 21.5 weeks, I had lost 65 lbs! As I entered the sustaining or maintenance phase of the program, despite the fact that I was eating solid food again, albeit a healthier and more controlled amount of food, I continued to lose another 11 lbs.

Today, I am healthier, more physically fit, and a much happier, far more content man. I could not have accomplished this on my own—it was the compassion and support of the terrific dieticians, life-style counselors, and staff at PCW that saw me through this miraculous transition. It was not an easy road to get where I am today—15 months AFTER I finished the weight loss program.

I could not lend my name and reputation to any organization or endeavor unless I truly believed in it. I could not mislead another person into such a difficult task and life change unless I wholeheartedly believed in YOUR success should you choose to contact Physician's Choice Wellness today! I endorse the PCW program with all my heart and soul and recommend that you enroll today for an orientation session to learn how you, too, can be a happier, healthier person!

Respectfully,

Mark D. Barthelemy
Chief of Police (RETIRED)